Turkey Breast and Vegetables

Preparing a moist turkey breast can be difficult for people living a gluten free lifestyle. There are two tricks that can help. Save and freeze turkey juice after each turkey cooking so some is available to make a juicy gravy. Or use a gluten free chicken gravy or soup mix to add to the pan to keep it moist. Sometimes, turkey breasts are sold separately from the rest of the turkey. Or the breasts may be saved from the turkey for meals later on. A great dish, regardless of season, whether froze, or fresh. Mushrooms and onions add additional flavor.

Pre Cook Preparation:

Marinate: Yes, in gluten free turkey, or chicken, gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Table top oven

Visual Accommodations:

- Colored chopping boards
- Table top oven

Potential Food Allergy or Intolerance:

- Gravy (gluten)
- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:

- Butter
- Turkey
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:

- 2 turkey breasts

Vegetables:

- 4 corn on the cob
- 2 potatoes
- 15 ounces of sweet carrots

Other ingredients:

- 15 ounces of gravy (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place turkey in pan.
2. Poke a few holes into the turkey meat.
3. Pour gluten free gravy on top.
4. Place pan in oven.
5. Place corn in a covered pan in the oven at the same time.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.